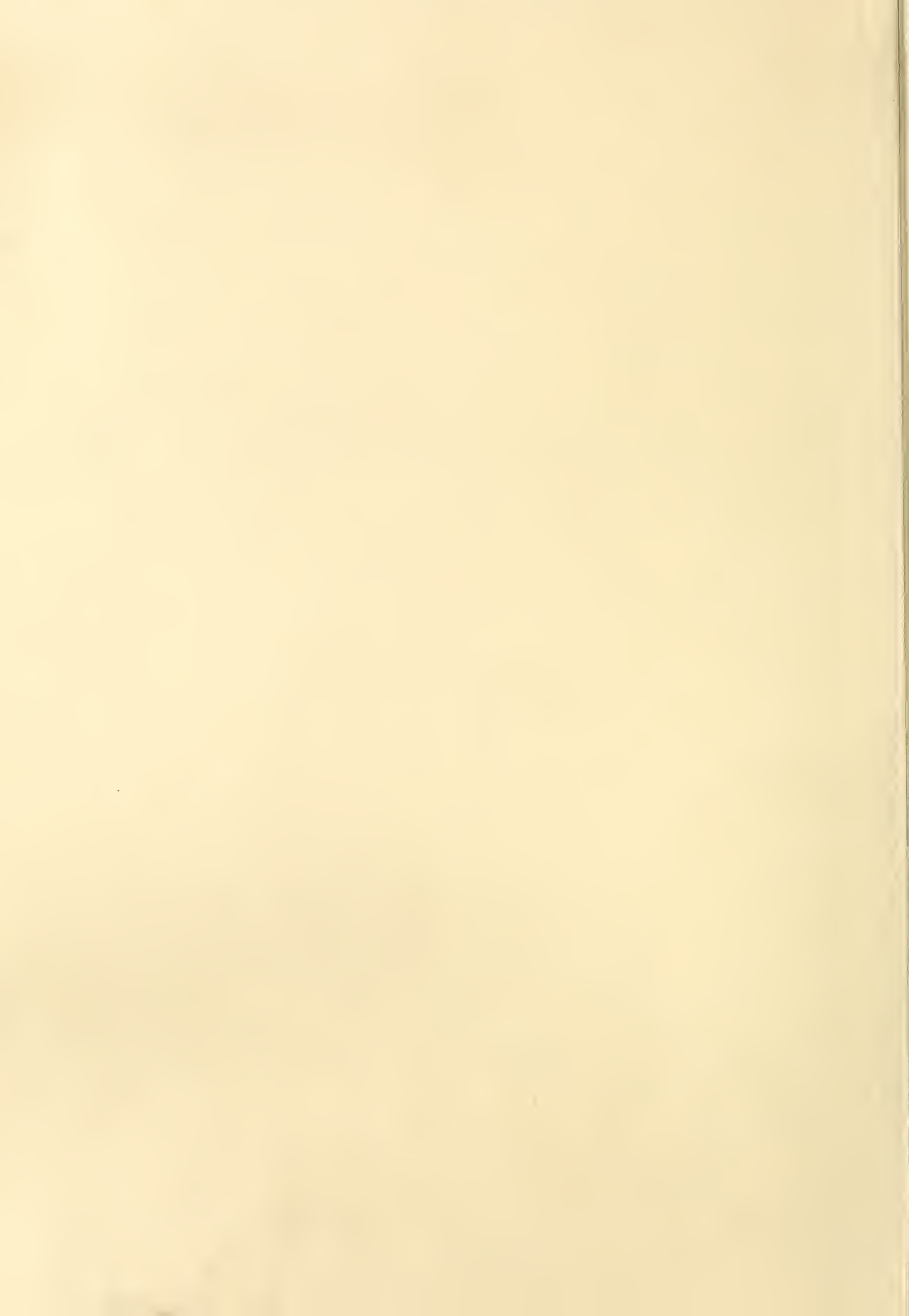


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June 25, 1943
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USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Friday, June 25, 1943, over stations associated with the Blue Network.

—ooOoo—

Our big news on the home front today is that our new bulletin on canning is off the press and ready for anyone who wants it. The title is "Wartime Canning of Fruits, Vegetables." It's a 16-page, streamlined folder, printed in cheerful green and white and packed full of how-to-do-it facts about home canning. It starts off with the empty glass jars and gives step-by-step directions for packing and processing ... everything from apples right down the alphabet to vegetable soup mixtures.

But let me make this clear. The Government is not recommending that everybody can everything. Far from it. To taste good and keep safely, food must be very fresh and in tip-top condition when it's canned. Straight out of the garden or orchard is the ideal way to get food for canning. And city women especially, take notice. Food that's been shipped for long distances and is overripe and starting to speck or spoil is not the kind for canning. You may only waste your time and food that might have been cooked and served at once. And be sure not to let freshly picked fruit and vegetables stand around before canning either.

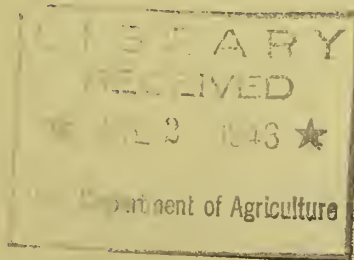
As this new canning folder says your goal in canning is: "To fill jars with food value and flavor and keep food safe and sound."

In case you want to figure out how many quarts of canned food you can get from a crate of berries, say, or a peck or a bushel of tomatoes, there's a table of canning arithmetic. And to help in using the sugar ration, there's another table for making up sirup with fruit juice or water.

This new folder has the very latest timetables too. And in general it recommends the hot pack. With the hot pack you can get more food into each jar and shorten the processing time.

So here it is, home canners.... The new Government folder on wartime canning of fruits and vegetables. If you want a copy, address a post card to Home Economics, U. S. Department of Agriculture, Washington, D. C. I'll repeat the title - "Wartime Canning of Fruits, Vegetables."

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